Pastest+

Cardiology

Points to remember about Low Voltage ECG

PITCHS

P Pericardial effusion: see Pericarditis

I Infiltrative diseases/Infarction (multiple/global)

T T4: low levels of (over and above the effusion it can cause)

C COPD/Cardiomyopathies

H Hypopituitarism

S Severe obesity

#mnemonicmonday

Pastes+

Cardiology

Aetiology of dilated cardiomyopathy

Haemochromatosis

Idiopathic (majority of cases)

Postviral myocarditis

Familial

Alcohol

Cocaine

Thyrotoxicosis

#mnemonicmonday

Pastest+

Cardiology

Pericarditis

CARDIAC RUB

C Coxsackie virus/Coronary syndrome

A Autoimmune

R Rheumatic fever

D Drugs

I Invasive techniques

A Aortic aneurysm

C Cancer: metastases in pericardium

R Radiotherapy

U Uraemia (ie renal failure!)

B Blunt injury/trauma

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Pastest

Cardiology

Fallot's tetralogy

PROVERB

P* Pulmonary stenosis

R* Right ventricular hypertrophy

O* Overriding aorta

V* VSD (harsh systolic murmur at left sternaledge)

E Exercise-induced syncope is main symptom

R Right-sided aortic arch (in 20%) /Repair

B Blalock-Taussig shunt

*These 4 features make up the tetralogy

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Pastest+

Cardiology

Wolff-Parkinson-White syndrome

Einstein's Ebstein's anomaly

M Mitral valve prolapse

A ASD

T Thyrotoxicosis

H Hypertrophic cardiomyopathy

S Sex ratio (male:female = 2:1)

Remember to avoid adenosine, digoxin and iv verapamil in this condition.
Look for delta wave on ECG (as well as LBBB)

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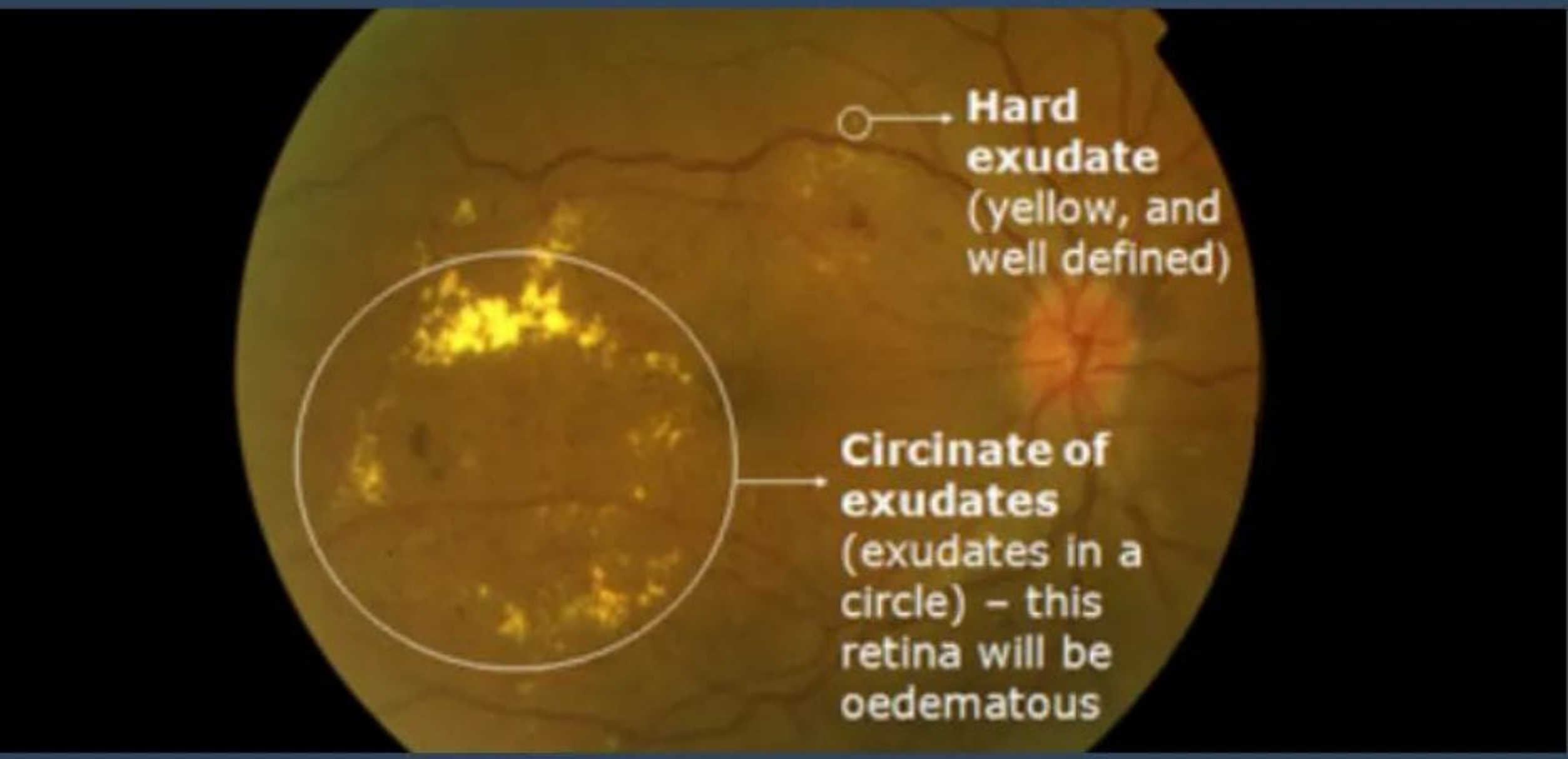
Pastest+

Diabetic retinopathy



Pastest

Renal medicine

Alport's

SEX

S Sensorineural deafness (bilateral)

E End-stage renal failure/Eye abnormalities

X X-linked

SEX-linked, i.e X linked!

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Pastest

Renal medicine

Indications for urgent dialysis in ARF

4Ps

P Potassium > 6.5 mmol/l1(or lower if ECG changes)

P PH < 7.1

P Pulmonary oedema

P Pericarditis

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Pastest+

Renal medicine

Chronic renal failure

6Ps

P Pulmonary oedema

P Pericarditis

P Peripheral neuropathy

P Pruritus

P Pigmentation

P Parathyroid overactivity

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Pastest

Renal medicine

Papillary necrosis

POSTCARD

P Pyelonephritis

O Obstruction

S Sickle

T TB

C Cirrhosis/Coagulopathy

A Analgesic nephropathy (Aspirin/NSAIDs)

R Renal vein thrombosis

D Diabetes mellitus

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Pastest+

Neurology

Absent ankle jerks and upgoing plantars

5Ss

S Subacute combined degeneration of the cord

S Syphilis

S Spondylosis

S Stephen Hawking (ie motor neurone disease)

S Separate diseases affecting UMN and LMN

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Pastes+

Neurology

Peripheral neuropathy

ABCDEFGHIIII

A Alcohol/Arthritis (rheumatoid)/Amyloid /Acromegaly/AIP/ANA

B B12* (and folate*) deficiency

C Carcinoma*/CRF* (+ dialysis per se)

D Diabetes*†

E Environmental toxins: arsenic or lead

F Familial: HSMN, Refsum's

G Guillain–Barré†

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Pastest+

Neurology

Peripheral neuropathy

ABCDEFGHIIII

H Hepatic failure

I Iatrogenic: drugs

I Infection: TB, Lyme/diphtheria/ Campylobacter, tetanus/botulism HIV/EBV/CMV

I Immunisations (and foreign serums per se)

I Idiopathic (20% of all cases!!!)

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Poliomyelitis

Key facts:

- **Poliomyelitis is caused by poliovirus, an enterovirus, usually contracted through faecal-oral transmission.**
- **Poliovirus infection is usually asymptomatic.**
- **Major illness comprises paralytic poliomyelitis.**
- **Local health authority and World Health Organization (WHO) should be notified immediately.**

#worldhealthday

Poliomyelitis

Key facts:

- **Investigations include virus culture, cerebrospinal fluid analysis, serum antibodies to poliovirus, magnetic resonance imaging of the spinal cord.**
- **Treatment is mainly supportive.**
- **In the United Kingdom (UK) children are vaccinated with inactivated poliovirus vaccine (IPV).**
- **Prevention measures include oral vaccines in disease-endemic, outbreak-affected areas and recently polio-free countries.**

#worldhealthday

Pastest+

Neurology

Thickened nerves

HARD Lines

H HSMN/Hypertrophic neuropathy

A Amyloid/Acromegaly/AIDS

R Refsum's

D Diabetes/Demyelinating polyradiculopathy

Lines Leprosy

#mnemonicmonday

Pastes+

Therapeutics and toxicology

Serotonin Syndrome

Sweating
Epileptic fits
Random speech (confusion)
Overheating
Tremor
Occasional spasms (myoclonus)
Nystagmus
Irritability
Nasty rhythms (arrhythmias)

#mnemonicmonday

Pastest+

Respiratory medicine

Adult respiratory distress syndrome

ARDS ARDS

A Aspiration (and other pneumonias; especially viral)

R Renal failure

D Drugs

S Shock

#mnemonicmonday

Pastest+

Respiratory medicine

Adult respiratory distress syndrome

ARDS ARDS

A Acute liver failure

R Raised intracranial pressure

D DIC/TTP/repeated blood transfusions

S Smoke inhalation

#mnemonicmonday

Pastest

Respiratory medicine

Cavitating CXR lesions

TANKS

Infective

T TB

A Aspergillosis and other fungi

N Nocardia

K Klebsiella

S Staphylococcus aureus /pseudomonas

#mnemonicmonday

Pastest

Respiratory medicine

Cavitating CXR lesions

TANKS

Non-infective

T Trauma – haematoma

A Arthritis/ANCA (Wegener's)

N Neoplasms (primary or secondary)

K Klots, ie PE

S Sarcoid

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Pastest+

Respiratory medicine

Interstitial lung disease

FIST ACHED

F Fungi

I Idiopathic pulmonary fibrosis

S Sarcoid

T TB/Tumours

#mnemonicmonday

Pastest

Respiratory medicine

Interstitial lung disease

FIST ACHED

A Asbestosis

C Connective tissue disease

H Histiocytosis X

E Eosinophilic granuloma /Environmental/EAA

D Drugs

#mnemonicmonday

Pastest+

Respiratory medicine

CXR solitary nodule

ABCDEFGHIJ

A Artefacts

B Benign tumours

C Cancer (including metastases)

D Dilated bronchus

E Effusion

#mnemonicmonday

Pastest

Respiratory medicine

CXR solitary nodule

ABCDEFGHIJ

F Fistula (AV)

G Granuloma

H Hydatid cysts

I Infections (ie slowly resolving pneumonias)

J Joint disease (rheumatoid nodules)

#mnemonicmonday